

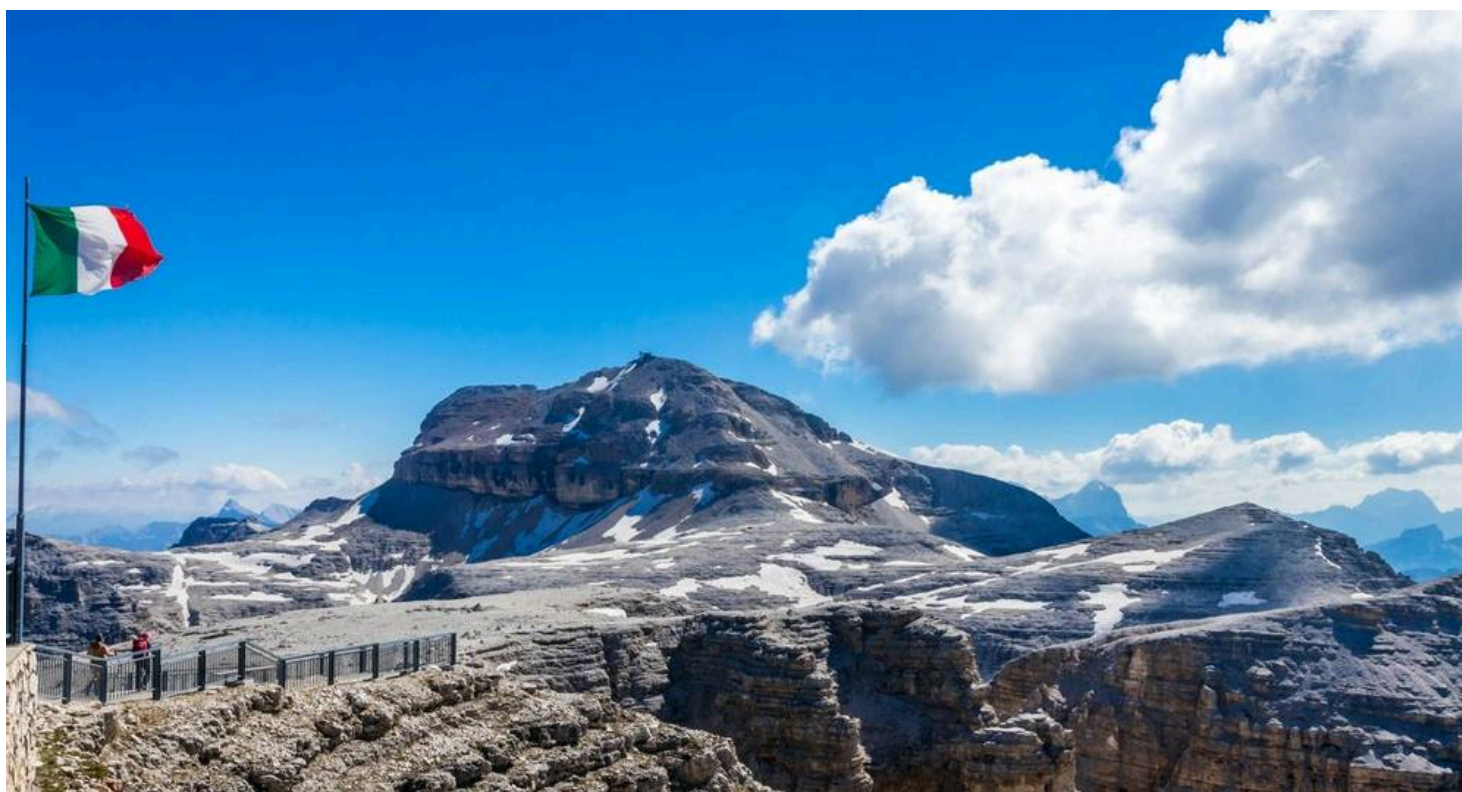
# The Dolomites High Routes Guided Walking Holiday

**Tour Style:** High Routes & Hutting

**Destination:** Italy

**Trip code:** SELTL

**Trip Walking Grade:** 6



## HOLIDAY OVERVIEW

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The craggy limestone peaks of Italy's Dolomite Mountains provide a wonderful natural adventure playground for those with enough fitness and stamina to reach their highest points. This guided walking holiday offers exhilarating high-level walks which venture to balcony paths, through high passes and on to lofty summits and cols. Efforts are rewarded with dizzying, panoramic mountain views which stretch as far as the eye can see. The local network of lifts will take you to walk start points and from there it's time to dig deep for some sustained ascents and descents to reach summits including Puez Spitze (2,918m), Piz Duleda (2,909m) and Piz Boe (3,152m).

## WHAT'S INCLUDED

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- A full programme of guided walks
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers

- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

## HOLIDAYS HIGHLIGHTS

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- High mountain walks each day
- Dramatic peaks including Piz Boe, Sasso Piatto, and Piz Duleda or Puezspitz
- Challenge and adventure a plenty

## TRIP SUITABILITY

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This is a level 6 graded Activity, High Route walks: 8 to 13 miles (13-21km) with some rough, exposed, scrambly passages, scree sections, steep descents and up to 4,500 feet (1,350m) of ascent in a day

## ITINERARY

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### Day 1: Arrival Day

Welcome to Hotel Somont. Unpack and settle in.

### Day 2: Forcella Sassolungo

**Distance:** 7½ miles (12km)

**Total ascent:** 2,100 feet (650m)

**Total descent:** 3,900 feet (1,200m)

**In summary:** Today, our walk takes us to the peak of Forcella Sassolungo, with superb views of the surrounding mountains. We will stop at two huts along the way, the Vincenza hut and the Toni Demetz hut.

**Highlight:** Passing through the spectacular high pass enclosed in sheer rock walls.

### Day 3: Puez Spitze

**Distance:** 11 miles (17½km)

**Total ascent:** 3,100 feet (950m)

**Total descent:** 4,800 feet (1,500m)

**In summary:** An exhilarating journey across the karst landscape of the Puez Odles Natural park. High above the remote Puez Hut the peak of Puez Spitze is usually approached by crossing the extensive limestone plateau area to its south and east.

**Highlight:** Reach the summit of Puez Spitze at 2,918m

### Day 4: Sasso Piatto

**Distance:** 12 miles (19km)

**Total ascent:** 4,700 feet (1,400m)

**Total descent:** 4,300 feet (1,300m)

**In summary:** Starting from Passo Sella, the walk takes the Friedrich August Weg traversing path high up on the south side of Sassolungo before striking up the amazing flat plate ramp to Sasso Piatto summit.

**Highlight:** Superb views from the summit and a different landscape of flora.

## Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

**Local walks:** There is a wealth of walks in the Val Gardena and your leaders will be happy to recommend options if you would like to walk independently on your free day.

**Ortisei:** The largest of the towns in the Val Gardena, it can easily be reached on foot or by bus from Selva. It has a lively, cobbled pedestrianised centre, with cafes, a museum, churches and an art gallery.

**Bolzano:** The administrative centre of the South Tyrol region. There is a good bus service from Selva, taking approximately 1½ hours. Some of the town's interesting historic buildings include the 14th century Franciscan church and the Chiesa dei Domenican monastery, which has 15th century frescoes. Bolzano's main attraction is the fascinating 'Ice Man' museum, which contains the preserved body of a prehistoric man and his artefacts that were found high on an alpine glacier.

**Bressanone:** An historic town with arcaded streets. The Duomo in the main square dates from the 13th century and its 14th century cloisters are decorated with medieval frescoes. The nearby Bishop's Palace now houses the Diocesan Museum.

## Day 6: Seceda And Piz Duleda

**Distance:** 11 miles (17½km)

**Total ascent:** 2,700 feet (825m)

**Total descent:** 5,300 feet (1,600m)

**In summary:** A striking mountain to climb, Piz Duleda is quite remote so we tackle this peak from the delightful Puez-Odles Natural Park. Our route passes through a stark hidden valley, along a narrow ridge and a superb balcony path.

**Highlight:** Reaching the peak of Piz Duleda at 2,909m.

## Day 7: Piz Boe

**Distance:** 8 miles (13km)

**Total ascent:** 4,300 feet (1,300m)

**Total descent:** 3,800 feet (1,150m)

**In summary:** Today's walk climbs the iconic Piz Boe. An exciting high route, with sections of fixed equipment. This route completes a traverse of the Sella Massif.

**Highlight:** Reaching the peak of Piz Boe, 3,152m

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Somont - The Dolomites

The 4-star Hotel Somont is in the village of Wolkenstein, and part of the Val del Gardena region. It's ideally located close to shops and facilities, yet in a quiet position, backed by sloping meadows and forest. The Rudifieria Family cleverly combines a traditionally Alpine chalet-style hotel with modern comfort and spacious rooms. The 300 square metre wellness centre offers a pool, sauna, Jacuzzi and various treatments.

#### Accommodation Info

#### Rooms

The hotel has lovely en-suite bedrooms with:

- Wooden floors
- Classic-style furniture
- Balconies that offer mountain, valley and forest views
- Satellite TV
- A fridge
- Room safe
- Hairdryer
- Bathrobes
- Slippers

#### About Your Stay

A small reception is next to a large lounge area, bar and comfortable seating. There is a smaller seating area around an attractive fireplace. The restaurant has a central area with smaller dining rooms off. Relax in the hotel's modern wellness centre which comes complete with an indoor heated pool as well as a Jacuzzi pool, sauna and Turkish steam room.

#### Food & Drink

#### Breakfast

There is a breakfast buffet with a selection of breads, fruits, cheeses and cold meat, as well as tea, coffee and fruit juices.

#### Lunch (Payable Locally)

Lunch items can be purchased from local shops in the town. It may be possible on some days to eat in one of the local mountain huts. Your leaders will advise you of these possibilities each evening.

#### Evening Meal

A 3-course evening meal is prepared from fresh locally sourced ingredients from the South Tyrol region. The hotel has a good wine cellar to compliment your meal.

#### Your Evenings

The friendly atmosphere of our holiday continues into the evening.

Enjoy a glass of wine or local beer before hearing the next day's activities. Your evening meal is the main focus

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of the evening but you may like to join your group and leader for a stroll into town or there may be some local events nearby. Alternatively, you can relax in the comfortable lounge with a good book or chat to your fellow guests.

## TRAVEL DETAILS

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### THE HASSLE FREE OPTION

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Book your holiday 'with flight' from Gatwick to Verona airport (In some cases for 2022 it may be Heathrow to Venice) (UK connections via British Airways shuttle available from Glasgow, Edinburgh or Inverness. £139). For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours 30 minutes to the Hotel Somont from Verona Airport (3 hours 30 minutes from Venice).

### THE FLEXIBLE TRAVEL OPTION

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Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, we can book you a seat on the **HF Holidays' transfer coach** from Verona airport (or Venice airport depending on date). This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £33

Transfers must be pre-booked. Please call 020 8732 1220 for more details

## USEFUL HOLIDAY INFORMATION

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### Essential Information

#### Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 3 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

#### EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel.

Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

## Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

## Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

## Useful Information

**Language:** Although in Italy, German is also widely spoken here. Ladin (an ancient Alpine language) is spoken locally as well.

**Currency:** Euro

**Changing money:** There are several ATM machines in Selva where you can obtain money.

**Electricity:** 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

**Tap water:** Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

**Telephone code:** Unlike most countries, when you call an Italian landline telephone number from the UK or a mobile phone you dial the country code:

To dial an Italian number 0039, and then the number including the leading zero. eg +39 045 8095666. Confusingly, for Italian mobile phones you dial the country code (+39) and then the mobile number excluding the leading zero eg +39 335 625 2278.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them

on [01702 427 236](tel:01702427236) or visit [hfholidays.co.uk/insurance](https://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](https://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

### TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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